



RECIPE BY YONG KANG TCM PHYSICIAN 永康中医医师食谱

WEEK D

REJUVEN

Better Health Richer Life

HERBAL ESSENCE - STROKE WEEKLY MENU
NO MSG / LESS OIL

LUNCH OR DINNER

28 days \$1,036.00

21 days \$787.50

14 days \$532.00

LUNCH AND DINNER

28 days \$1,960.00

21 days \$1,512.00

14 days \$1,036.00

07 days \$532.00

***All price and serving are for 1 pax only**

MONDAY

LUNCH

Stroke Soup Menu

1. Red Date 红枣, Wolfberry (Qi Zhi) 枸杞 & Hericium Erinaceus 猴菇 w/ Chicken Soup 鸡汤

Main

1. Stir-Fried Pork Belly w/ Capsicum 彩椒炒五花肉片
2. Stir Fried Spinach w/ Sliced Fish 波菜鱼片

Drinks

1. Daily Tea 养生茶

Rice

1. Grain Rice 五谷饭

DINNER

Stroke Soup Menu

1. Garlic & Mushroom w/ Pork Rib Soup 元气蒜头香菇排骨汤

Main

1. Stir Fried Chicken w/ Pineapple & Fungus 黄梨木耳炒鸡片
2. Braised Aloe Vera w/ Lotus Seed & Ginkgo 莲子白果烩芦荟

Drinks

1. Daily Tea 养生茶

Rice

1. Grain Rice 五谷饭



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TUESDAY

LUNCH

Stroke Soup Menu

1. "Sishen" w/ Pig's Stomach Soup 暖胃
四神猪肚汤

Main

1. Roasted Chicken w/ Lemon & Herbs 柠檬香草烤鸡腿
2. Stir Fried Celery w/ Mushroom & Minced Pork 肉碎西芹炒双菇

Drinks

1. Daily Tea 养生茶

Rice

1. Brown Rice 糙米饭

DINNER

Stroke Soup Menu

- Watercress & Wolfberry (Qi Zhi) w/ Sliced Fish Soup 老火西洋菜枸杞鱼汤

Main

1. Steamed Pork w/ Pumpkin 南瓜粉蒸肉
2. Stir Fried Cauliflower w/ Bulbus Lili (Bai He) & Fungus 椰花木耳炒百合

Drinks

1. Daily Tea 养生茶

Rice

1. Brown Rice 糙米饭



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WEDNESDAY

LUNCH

Stroke Soup Menu

1. Seaweed, 紫菜, Bean Curd 豆腐,
Salmon Miso Soup 味噌鲑鱼汤

Main

1. Pork Rib w/ Sauce 酱烧排骨王
2. Stir Fried Broccoli w/ Shredded
Chicken 鸡丝西兰花

Drinks

1. Daily Tea 养生茶

Rice

1. Rice Berry 紫米饭

DINNER

Stroke Soup Menu

1. White Fungus 雪耳, Papaya 木瓜,
Red Date 红枣, Chicken Wing Soup
鸡翅汤

Main

1. "Three Cups" Fish Fillet 塔香三杯鱼
块
2. Fried Snow Pea w/ Sliced Pork 肉片
炒甜豆

Drinks

1. Daily Tea 养生茶

Rice

1. Rice Berry 紫米饭



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THURSDAY

LUNCH

Stroke Soup Menu

1. Codonopsis Root (Dang Shen)党参, Burdock Root (Niu Bang) 牛蒡, Pork Rib Soup补气排骨汤

Main

1. Steamed Fish w/ Onion & Soya Sauce香葱豆酱蒸鱼
2. Stir Fried French Bean w/ Minced Pork & Mushroom干扁鲜菇肉碎四季豆

Drinks

1. Daily Tea 养生茶

Rice

1. Grain Rice五谷饭

DINNER

Stroke Soup Menu

1. Mustard (Zha Cai) 榨菜, Hemerocallis Citrina,(Long Yellow Daylily)金针菜, Sliced Pork Soup肉片汤

Main

1. Braised Chicken w/ Mushrooms双菇麻香焖鸡
2. Stir Fried Spinach w/ Anchovies银鱼炒菠菜

Drinks

1. Daily Tea 养生茶

Rice

1. Grain Rice五谷饭



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FRIDAY

LUNCH

Stroke Soup Menu

1. Red Date 红枣, Pumpkin 南瓜 & Chestnut 板栗 w/ Chicken Soup 鸡汤

Main

1. Braised Pork Rib w/ Fermented Bean Curd 酒香南乳烧排骨
2. Stir Fried Fungus w/ Bean Curd 木耳炒百页豆腐

Drinks

1. Daily Tea 养生茶

Rice

1. Red Rice 红米饭

DINNER

Stroke Soup Menu

1. Adenophora Stricta (Sha Shen) 沙参, Solomonseal Rhizome (Yu Zhu) 玉竹, Gastrodia (Tian Ma) w/ Sliced Fish, Soup 天麻生鱼汤

Main

1. Steamed Pork w/ Mushroom & Water Chestnut 香菇马蹄蒸肉饼
2. Stir Fried Spinach w/ Shredded Chicken & Bean Curd 鸡丝腐皮炒芥兰

Drinks

1. Daily Tea 养生茶

Rice

1. Red Rice 红米饭



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SATURDAY LUNCH

Stroke Soup Menu

1. Tomato, Seaweed & Vegetable w/
Sliced Fish Soup 蕃茄海带蔬菜鱼汤

Main

1. Chicken Wing w/ "Hong Zao" (Red
Glutinous Rice) 红糟翅小腿
2. Baked Egg w/ Fish Flavor 九层塔鱼香
烘蛋

Drinks

1. Daily Tea 养生茶

Rice

1. Brown Rice 糙米饭

DINNER

Stroke Soup Menu

1. White Radish & Corn w/ Pork Rib
Soup 白萝卜玉米排骨汤

Main

1. Steamed Cod Fish w/ Mushroom 香
菇蒸鳕鱼
2. Bitter Gourd w/ Minced Pork 橄榄菜
肉碎扁苦瓜

Drinks

1. Daily Tea 养生茶

Rice

1. Brown Rice 糙米饭



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SUNDAY LUNCH

Stroke Soup Menu

1. Wolfberry (Qi Zhi) & Ginseng w/
Black Chicken Soup 枸杞人参乌鸡汤

Main

1. "Wu Liu" (Capsicum, Fungus,
Mushroom) Salmon 五柳 (青椒, 黄
椒, 红椒, 木耳, 香菇丝) 烧鲑鱼
2. Stir Fried Spinach w/ Mixed
Mushroom 杂菇炒红苋菜

Drinks

1. Daily Tea 养生茶

Rice

1. Rice Berry 紫米饭

DINNER

Stroke Soup Menu

1. Red Date & Polygonum (He Shou
Wu) w/ Chicken Soup 红枣首乌鸡汤

Main

1. Cabbage "Lion Head" Meat Ball 白菜
狮子头
2. Braised Chayote w/ Mushroom 佛手
瓜烩蘑菇

Drinks

1. Daily Tea 养生茶

Rice

1. Rice Berry 紫米饭



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DESCRIPTION

All meals come with 1 x serving of rice, 1 x serving of tonic soup, 2 x serving of main dishes and 1 x serving of daily tea (not replaceable and not exchangeable)

*Disposable containers are microwaveable.

It is advised to keep the food warm in thermal bag if not consumed immediately upon receipt.

You will be given 1 complimentary thermal bag and we will deliver our highly nourishing tasty meal at your doorstep.

Please be advised: No thermal bag will be given for the Trial Meal.

DELIVERY INFORMATION

Delivery Time

Lunch – 10.30 am to 1.30 pm

Dinner – 4.00pm – 7.00pm

We deliver from Monday to Sunday, including public holidays, except Eve and 1 st three days of Chinese New year (4 days).

Delivery Info

We deliver to most parts of Singapore except CBD district and certain parts of central Singapore.**Please check whether we deliver to your location before ordering.

PAYMENT INFORMATION

Full payment must be made upon confirmation of your booking to secure the allotted booking slot.

We reserve the right to terminate the service if payment is not received on time.

ERP charges applied if delivery area falls within ERP zone.

Mode of Payment

- PayNow UEN: 200604871C
- Bank Transfer: UOB A/C: 3873099265
- Credit Card, Debit Card, PayPal
- Cheque Payment:
- Cheque on first day of delivery. Please issue cheque made payable to "THE LIFESTAR GROUP PTE. LTD." And pass the cheque to the delivery crew.
- Please indicate the invoice number on the back of the cheque.



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TERMS AND CONDITIONS

Full payment must be made upon confirmation of your booking to secure the allotted booking slot. We reserve the right to terminate the service if payment is not fully received on time.

Delivery

- Delivery hours: Lunch (10.30 am to 1.30 pm) Dinner (4.00 pm to 7.00 pm). You are advised to keep food in the thermal bag if not consumed immediately upon receipt.
- We deliver daily including public holidays except for Eve and 1st three days of Chinese Lunar New Year (4 Days).

Meal Reschedule

Customers are allowed to make 3 changes to their meal delivery schedule. Exceeding 3 times, there will be \$5 admin fee applied to every changes made.

- Customers must notify us at least 48 hours in advance for any meal reschedule. Any skipped meal notice within 48 hours will not be accommodated and the amount is not refundable if unconsumed.
- All skipped meals will be replaced by extending meal plan end date.
- No refund in cash will be given.

Terminations

All bookings made are deemed final.

- Any order applied with promo code is strictly non refundable.
- A promotional free gift is strictly non refundable, or free gift original price will be imposed for any termination or amendment.
- An administrative fee of \$100.00 will be imposed for any termination or amendment. Any discount given will be voided. Unconsumed meals will be refunded without a discount:

- 1) Wellness and Nourishing Meal Plan: consumed meals will pro-rate at \$48.00 per meal.
- 2) Herbal Essence- Diabetic Meal Plan: consumed meals will pro-rate at \$37.00 per meal.
- 3) Herbal Essence- Cancer, Stroke, Post-Surgery Meal Plan: consumed meals will pro-rate at \$42.00 per meal.
- 4) Customization Meal Plan: consumed meals will pro-rate at \$70.00 per meal.

Video consultation service is non-refundable. 24 hrs advance cancellation is required, or service will be forfeited.

Due to the seasonal nature of vegetable and products availability, we reserve the right to change the menu without notice.